

FOOD NANNY EGGS BENEDICT

Serves 2

Time: 10 minutes if sauce is prepared ahead of time.

Plan Ahead: Prepare the Hollandaise Sauce the day before.

Hollandaise Sauce:

2 egg yolks
2 teaspoons fresh lemon juice
¼ teaspoon salt
⅛ teaspoon cayenne pepper
1 Tablespoon hot water
¾ cup (1½ sticks) unsalted, cold (from the refrigerator) butter

2 English muffins
4 pieces Canadian bacon
4 eggs
Coarse salt and fresh ground black pepper
Dash paprika

This super delicious, super rich dish stands alone. Homemade Hollandaise sauce is the best and I have made preparing it easy for you. Enjoy!

Prepare the sauce first:

1. In a 1 qt. saucepan stir 2 egg yolks slightly and add lemon juice stirring vigorously with a wooden spoon (No heat yet).
2. Add ¼ cup unsalted butter. Heat over very low heat stirring constantly until butter is melted.
3. Add ¼ teaspoon salt, cayenne and 1 Tablespoon hot water. Add an additional ¼ cup unsalted butter stirring vigorously until butter is melted and sauce starts to thicken.
4. Add the final ¼ cup unsalted butter and stir until melted and sauce is thick and creamy. (Be sure butter melts slowly - this gives eggs time to cook and thicken the sauce without curdling.) Serve hot or keep warm.

Prepare the English Muffins:

Broil or toast then lightly butter 4 English muffin halves. Place 2 halves on each plate.

1. In an 8-inch nonstick skillet over low-to medium heat warm the bacon. Move to a plate. Cover to keep warm.
2. Crack 4 eggs in the same skillet on low-to medium heat being careful not to break the yolks. Add 2-3 ice cubes to the pan. Sprinkle with salt and pepper. Cover. Cook 3 min. for soft eggs or 5 min. for hard. Remove from heat.
3. Place the bacon on top of each English muffin, top with an egg and spoon on the Hollandaise sauce. Sprinkle with a dash of paprika if desired. Serve immediately.

Variations: Can double the Hollandaise sauce; use 1 slice whole wheat bread per person.

Serve with: Fresh Fruit Compote (middle of page 85. Hash brown potatoes.

WEDNESDAY
FMB NIGHT

